



Plumstead Runners News Letter June 2016.

Dear Members,

For those members who were unable to attend the last meeting earlier this month, please find below some of the points discussed at the meeting for your information.

- **Club Targeted Races: See the clubs web site for details of each event.**

June – Harvel 5 – 4/6/2016.

June – Club Cross Country 10k handicap at Oxleas Wood – 22nd June.

Eltham Park 5 – 12/6/2016. (No entries on the day).

Danson Park – Parkrun – Plums will be marshalling event 11/6/2016.

The Club Beer Run – 25th June – See Les and/or web site for details.

July – Bewl 15 mile – 3rd July

July - Myra Garrett 10k Danson Park – 10th July.

July – Club ‘Away Day’ Run at the Romney March 10k on 24th July. See club web site for details or speak to Les or a committee member for details.

Members Update:

- Members are continuing to do well in the local Parkruns where PB's are a regularly beaten. Jim Williams even went all the way to Cardiff to run the Parkrun where he best for age....he was visiting family really but thought he would show the Welsh how good the Plum's are !
- Dawn Saunders continues where she left off last year at the Joyden's Wood 5k race series where she came in second lady, well done Dawn.
- Big congratulations to Lee Edwards who completed his 25th Marathon in May, where does he get all the inspiration from....I know...Gina, she's off to Stockholm over the weekend to take part in their marathon.....now where does she get the inspiration..?
- I am pleased to hear that the Junior Parkrun is back at Lesnes Abbey having been staged at East Wickham Open Space over the winter period due to the rebuilding of a new visitors center and new park infrastructure. Well done to Tessa and Dee and colleagues for all the hard work in managing this great initiative.

If you haven't see the photos of the Plums at the Grizzly in March 2016 see link <https://www.flickr.com/photos/paulhiles/sets/72157667538661611/> for some super photos of some very happy runners. Thank you Paul for setting up this collection of photos, great job.

Additional Runs –Monday club run. Run starts from the club at 7pm. These runs continue to be well supported.

Walking Section - John Nash confirmed that there will be another walk on 30th July 2016 White Cliffs to Dover, check the walking section of the club 'Interweb' for more details.

Club Beer Run. 25th June 2016.

- Les Pullen confirmed that the cost per person will be £25 this covers coach and food in a pub.
- Catch the coach from the club at 9:30am
- Fancy dress optional ie Super Hero's or villains.
- The run will be 10miles and a point to point, with a number of pubs along the way.
- See Les or the club web site for more details.

2015



Club Away Day Run. Romney March 24th July 2016.

- £5 deposit payable to the club for the coach
- Members to pay the club £16.00 for the Romney March 10k entry and the club will apply for a group booking and try and obtain a discount for members.
- **Coach leaves on the day from the club at 7:30/7:45am**
- A picnic to follow race, picnic spot yet to be agreed, members to bring food to share at the picnic buffet.

2015



Plumstead Runners 30th year Anniversary – 2017.



Dear Members,

To celebrate the clubs 30th year anniversary, members have agreed to hire The Boathouse function venue in Danson Park on Saturday 24th June 2017, the cost to hire the Boathouse will be £35.00 per person which includes a 3 course meal, and disco. More details to follow.



Paws For Thought..... As you all will know we have some new four legged members who have been out running with us, and who if I may say are very quick, Cross Country Captain...sign them up. Just an observation can the members who bring their dogs along to a run, can the dogs be kept on a short lead so that there's no possibility of any accidents for the dogs and runners especially when running along narrow pavements etc thank you. As for running kit for dogs, we will look into it.